QA Program Learning Plan Form

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| Reem Boudali | 110007510 |
| Name | Student Number |
| 2 | NURS2532-22 |
| QA Year | Course |
| WRH Met 7N | |
| Current Practice Setting | |

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| Learning Needs  What learning needs did I identify through Practice Reflection? |  |
| |  | | --- | | In my final assessment for clinical last semester, one area of improvement I identified was my queasiness with blood.  I also want to learn more about IVs and IV solutions. | | Haven’t done Practice Reflection yet? Use the Practice Reflection worksheet to help you identify your strengths and learning needs. |

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| **Learning Goal #1**  What do I want to learn?  Which practice document does my goal relate to? |  |
| |  | | --- | | By February 27, I will learn about the cause of queasiness and 2 methods to help combat the sensation. | | Need help creating a goal? Review the *Developing SMART Learning Goals* guide.  Your learning goal must be based on your current practice setting and one of the College’s practice documents. |

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| **Goal #1 Activities and Timeframes**  How am I going to achieve my goal? |
| |  | | --- | | - I will read a peer-reviewed article “Fear of blood draw is associated with inflated expectations of faint and prefaint reactions to blood donation” (France & France, 2018) by February 15  - I will talk to my therapist about exposure therapy and techniques to combat queasiness by February 20  - On February 27, I will give a 5-minute presentation to my peers on my findings  France, C. R., & France, J. L. (2018). Fear of blood draw is associated with inflated expectations of faint and prefaint reactions to blood donation. *Transfusion*, *58*(10), 2360–2364. https://doi.org/10.1111/trf.14934 | |

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| **Learning Goal #2**  What do I want to learn?  Which practice document does my goal relate to? |  |
| |  | | --- | | By March 23, I will learn what about the 3 main classes of IV solutions and be able to list 5 adverse effects of inserted IVs. | | Need help creating a goal? Review the *Developing SMART Learning Goals* guide.  Your learning goal must be based on your current practice setting and one of the College’s practice documents. |

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| **Goal #2 Activities and Timeframes**  How am I going to achieve my goal? |
| |  | | --- | | - I will read a peer-reviewed article “Intravenous fluids: balancing solutions” (Hoorn, 2017)–by February 15  - I will read about Fluid, Electrolyte, and Acid-Base imbalance in Chapter 40 of Canadian Fundamentals of Nursing (Potter et al., 2018) by February 20.  - On March 23, I will give a 5-minute presentation to my peers on my findings  Hoorn E. J. (2017). Intravenous fluids: balancing solutions. Journal of nephrology, 30(4), 485–492. https://doi.org/10.1007/s40620-016-0363-9  Potter, P., Perry, A., Stockert, P., Hall, A., Astle, B., & Duggleby, W. (2018). Canadian fundamentals of nursing (6th ed.). Toronto: Elsevier Canada. | |

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| **How do my learning goals support my commitment to continuing competency?**  How does my learning relate to the competencies of my practice? |  |
| |  | | --- | | - Reduce my anxiety in situations that cause me queasiness  - Prevent physical injuries or prepare myself in the situation I feel faint  - Understand IVs and their uses better  - Help me look for adverse effects of IVs such as fluid overload or infection  - More confidence/comfort as a Student Nurse  - Educate others on what I have learned | | Continue to maintain and update your Learning Plan throughout the year. |

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| **Evaluation of changes/outcomes to my practice**  What did I learn?  What impact has my Learning Plan had on my practice? |  |
| |  | | --- | | * Phobias can result from traumatic experiences, survival instincts, and misunderstandings * Phobias can be treated using therapies like CBT and exposure therapy; mind-based changes are needed * The 3 main classes of IV fluids are: * 5 adverse reactions of IVs that should be monitored for include infection, infiltration, pain, fluid overload, and phlebitis * I have improved my queasiness with blood and know understand what is happening when I feel nauseous when seeing blood * I can help other patients who also have similar fears by sharing my experience and how I improved * I will ensure I check the order, compatibility, and rights of medication before beginning IV therapy * I will also regularly monitor the IV site for any adverse effects | | You can print your Learning Plan for your records. |